



Latest Te Hiringa Hauora rangahau



ISSN 2703-3848

Poutū-te-rangi / March 2021

Kia ora, Talofa lava, Mālō e lelei, Ni sa bula vinaka, Hello,

Welcome to the fourth newsletter from Te Hiringa Hauora/Health Promotion Agency highlighting research and evaluation reports published from September 2020 to March 2021. We recognise that many of you working in health promotion continue to be incredibly busy supporting New Zealand's response to COVID-19 and so may have missed some of these publications. We hope that you find this newsletter a useful summary of our recent mahi.

Ngā mihi,

David Dundon-Smith
General Manager Insights & Evaluation

COVID-19

Information on mental wellbeing from our COVID-19 survey

During Alert Level 4 Lockdown and Alert Level 1 Post-lockdown, New Zealanders were surveyed twice about their alcohol use, gambling behaviour, tobacco use, and mental wellbeing.

Te Hiringa Hauora published a [letter](#) that shares key mental wellbeing findings from these surveys.

LETTER

The mental wellbeing of New Zealanders during and post-lockdown

Melissa N Nicolson, Jayde AM Flett

Actress New Zealand's go hard and get real' approach meant that we were one of the first countries in the world to ease our COVID-19 lockdown restrictions. But, the re-emergence of community transmission in Tāmaki Makaurau Auckland demonstrated the recovery from COVID-19 will be a marathon rather than a sprint. By highlighting people's experiences during and following Alert Level 4 lockdown we hope to provide assurance that most people found positive aspects of the lockdown, while also highlighting inequitable experiences and ongoing mental health concerns.

Te Hiringa Hauora Health Promotion Agency asked New Zealanders about their wellbeing during Alert Level 4 lockdown and post-lockdown (during Alert Level 1). Almost nine out of 10 people reported at least one positive experience during lockdown, during lockdown more people reported pride in their ability to cope, more time for hobbies and exercise, heightened sense of community, increased family resilience and a stronger personal commitment to Aotearoa New Zealand than they did post-lockdown.

Importantly, Māori and Pasifika reported several notable positive experiences post-lockdown. More Māori were proud of their ability to cope and reported higher whānau resilience than non-Māori/non-Pasifika. Likewise, more Pasifika had a renewed appreciation for life and spent more time with family and friends than non-Māori/non-Pasifika.

But we also identified some inequalities. Although fewer people reported severe experiences of depression and anxiety post-lockdown (1% compared to 4% during lockdown), this reduction mostly occurred in non-Māori/non-Pasifika people. Of those who completed both during and post-

lockdown surveys, over half reported no experiences at both time points, while 27% had improved experiences and 11% had worsening experiences post-lockdown.

Experiences of depression and anxiety were common for young people both during and post-lockdown. Almost 60% of young people had some experience of depression or anxiety post-lockdown (57% 18% being severe). The recent 'Protecting and promoting mental wellbeing Beyond COVID-19' report by Sci TR, highlighted the persistently inequitable and worsening state of youth mental health. In addition, the impact of COVID-19 on youth mental wellbeing are likely to be extensive and enduring. Action is required to reduce adverse life course consequences. Te Hiringa Hauora supports young people by providing digital mental health support at thelockdown.co.nz. Both thelockdown.co.nz and depression.org.nz have been updated to provide COVID-19-specific mental health advice for those seeking help.

Innovative and collaborative community-led responses have been an integral part of the Psychosocial and Mental Wellbeing Recovery Plan response to COVID-19. Government and non-government organisations have changed the way they work to adapt to a rapidly changing environment. To support those in the Pasifika community experiencing mental distress, Te Hiringa Hauora worked in collaboration with Mapu Mana, Yaka Teina, the Mental Health Foundation and Pasifika health leaders Phil Sianga, Stephanie Trick and Tai Teare. Together, we launched Mana Pasifika, a campaign to encourage and destigmatise help-seeking for depression and anxiety in Pasifika communities. This strength-based and story-driven approach is by Pasifika, for Pasifika and with Pasifika.

Mental Health and Wellbeing

Like Minds, Like Mine Programme Learning Report

This [report](#) describes learnings from an evaluation of the Like Minds, Like Mine programme from 2018-2019.

The key learnings relate to four themes: Te Tiriti framing and applying an equity lens; including and supporting beneficiary groups; improving programme cohesion; and capacity and capability building.



Mental Health in Aotearoa – Insight report

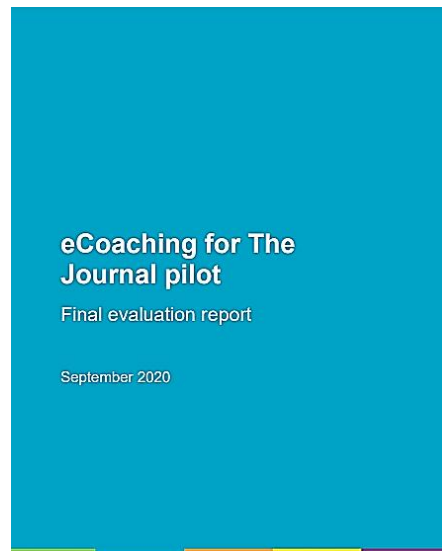
This insight [report](#) describes results from the 2018 New Zealand Mental Health Monitor and 2018/19 Ministry of Health New Zealand Health Survey.

eCoaching for The Journal pilot: Final evaluation report

The [report](#) summarises an evaluation of a pilot telehealth peer support model to coach people through the National Depression Initiative's cognitive-behavioural tool - The Journal.

Between May 2019 and May 2020, 249 people were supported with phone and text support.

The evaluation reports on service fidelity and the benefits and issues of mixing medical and lived experience models.



Young People

Susceptibility to smoking among 14 and 15-year-olds

This [brief](#) report presents key findings from the 2018 Youth Insights Survey on susceptibility to smoking among 14 and 15-year-olds. It estimates susceptibility to smoking among those who have never smoked and identify risk factors associated with this susceptibility. Trends in susceptibility and risk factors between 2012 and 2018 are also examined.

hpa health promotion agency
TE HIRINGA HAUORA

Susceptibility to smoking among 14 and 15-year-olds

Results from the 2018 Youth Insights Survey

There has been a gradual reduction in smoking rates among adolescents in New Zealand in recent years. In 2018, 23% of 14 and 15-year-olds reported having ever smoked, down from 25% in 2012 (Lucas & Gurrum, 2020). Research showed that the age of smoking initiation (when a person smokes for the first time) largely occurs among older youth and young adults between 15 and 24-years-old (Edwards, Carter, Pease, & Blakely, 2013). In 2018, the mean age of smoking initiation was 15.5 years. Māori were more likely to initiate smoking at a younger age (14.1 years) than other ethnic groups (Gurrum & Marin, 2019).

To prevent adolescents from becoming smokers and ensure that smoking rates among them decline further, it is essential to identify individuals who are susceptible to smoking. For this analysis, we defined smoking susceptibility as those never smokers who appeared to be less committed to remain smokefree in the future and/or when offered a cigarette by a friend. We used three standard questions developed by Pierce, Chik, Gilpin, Farkas, & Merrill (1999). For more details, see the methodology section.

This report focuses on 14 and 15-year-olds who completed the 2018 Youth Insights Survey (YIS), a paper-based survey conducted in schools. We estimate susceptibility to smoking among those who have never smoked and identify risk factors associated with susceptibility to smoking. We also examine trends in susceptibility and risk factors between 2012 and 2018.

Key points:

- In 2018, three in ten (30%) 14 and 15-year-old students who had never smoked (never smokers) were susceptible to smoking.
- Of never smokers, both Māori and Pasifika students were more likely to be susceptible than non-Māori non-Pasifika students.
- The proportion of susceptible students increased between 2012 and 2018 (23% to 30%).
- The increase of susceptibility between 2012 and 2018 was seen for males and females, mid and high school decile groups, and Māori, Pasifika, and non-Māori non-Pasifika.
- Those more likely to be susceptible were those who:
 - had close friend(s) who smoked
 - noticed smoking in the media
 - did not have anti-smoking education at school/kura.

Sexual attraction and substance use

Findings from the Youth Insights Survey 2016-2018

This research was undertaken to better understand young people in the Rainbow community. This research sought to identify differences of risky behaviour engagement between Rainbow and non-Rainbow young people.

Rainbow is an umbrella term, which includes the diverse range of sexual attractions, sexual orientations, and gender and sex variants.¹ Data used in this report is based on the Youth Insights Survey (YIS), which asks about sexual attraction. Therefore in this report we use the terms heterosexual, neither/unsure, and LGB (Lesbian, Gay, and Bisexual) rather than Rainbow.²

Key points:

- Young people who identify as LGB experience higher rates of some substance use and multi-substance use than young people who identify as heterosexual.
- Young people who are attracted to neither gender or are unsure of their sexual attraction (Neither/Unsure) experience lower rates of substance use compared to heterosexual young people.
- These findings are consistent with previous sexual orientation research, with LGB youth reporting higher rates of some past-month substance use and multi-substance use.

Adolescence is a developmental period of exploration for both sexuality and substance use (Lucassen et al., 2014). Young people with diverse sexual orientations (non-heterosexual attraction) are disproportionately affected by substance use. These disparities increase over the transition into adulthood (Dermodoy et al., 2014; Marshal et al., 2009).

An international study showed that the odds of youth with diverse sexual orientations using substances was three times greater than among heterosexual youth (Marshal et al., 2008). Studies from Aotearoa New Zealand show similar results (Lucassen et al., 2014; Surace et al., 2019).

This analysis used pooled data from the 2016 and 2018 YIS to explore the relationship between sexual attraction and substance use in Year 10 students (predominately aged 14 to 15 years). It aims to identify any differences in risky behaviour.

One in 20 Year 10 students identified as LGB

The majority of Year 10 students (young people) identified as opposite sex-attracted (heterosexual) (88%), with 5% identifying as same/both sex-attracted (LGB) and 6% being neither sex-attracted/unsure of their sexual attraction (neither/unsure).

A higher proportion of females than males reported being LGB (7% versus 3%).

¹ See rainbowcentralhealth.nz for more information on the use and definition of the term "Rainbow".
² Gender diverse was offered as an option for gender for the first time in 2018. See methodology section for more information.

Sexual attraction and substance use - findings from the Youth Insights Survey 2016-2018

This [research](#) was undertaken to better understand young people in the Rainbow community.

This brief report explores the relationship between sexual attraction and substance use in Year 10 students (predominately aged 14 to 15 years). It identifies differences of risky behaviour engagement between Rainbow and non-Rainbow young people using pooled data from the 2016 and 2018 Youth Insights Survey.

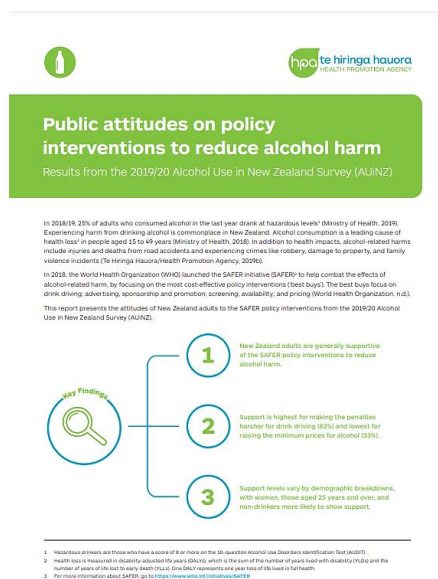
Alcohol

Alcohol Use in New Zealand Survey (AUiNZ) 2019/20 – High-level results

This is one of three reports highlighting the results from the first Alcohol Use in New Zealand Survey (AUiNZ).

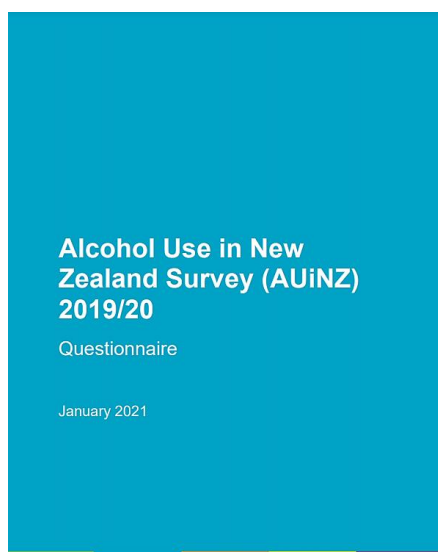
This [report](#) describes the high-level results for all respondents.

The second [report](#) describes the results for Māori respondents, and focuses on providing detailed within-Māori comparisons.



Public attitudes on policy interventions to reduce alcohol harm: Results from the 2019/20 Alcohol Use in New Zealand Survey

This [report](#) describes the attitudes of respondents to the World Health Organization’s recommended policy interventions (SAFER) to reduce alcohol harm. These interventions focus on drink driving; alcohol advertising, sponsorship and promotion; screening and treatment; price; and availability.



Alcohol Use in New Zealand Survey (AUiNZ) 2019/20 questionnaire and methodology

The AUiNZ is a nationwide survey of New Zealand residents aged 18 years and over, using a mix of self-completion methods. A total of 4,545 adults completed the survey between August 2019 and March 2020, including 1,285 Māori.

The Alcohol Use in New Zealand Survey (AUiNZ) 2019/20 [questionnaire](#) details the questions asked to respondents.

The [methodology report](#) is also available.

Kupe Data Explorer

Visit our data explorer [Kupe](#).

Kupe lets you explore data from two of our surveys: the Health and Lifestyles Survey and Alcohol Use in New Zealand Survey.

The Health and Lifestyles Survey investigates New Zealanders' views and experiences across topics including gambling, mental health and wellbeing, Māori cultural identity and tobacco, from 2006 to 2018.

The Alcohol Use in New Zealand Survey explores New Zealanders' alcohol consumption and behaviours, attitudes and beliefs about drinking, and experiences of alcohol-related harm from 2019/20.


Upcoming Research Publications

- Alcohol and mental wellbeing evidence brief
- Social supply and under 18s' drinking: Results from 2019/20 Alcohol in New Zealand survey (AUINZ)

Vacancies

Please see our vacancies [page](#) for current vacancies within the Insights and Evaluation team at Te Hiringa Hauora. These are:

- Manager Insights
- Manager Monitoring and Evaluation
- Principal Researcher Alcohol
- Intern – Kaupapa Māori Research



For more information on research from Te Hiringa Hauora, contact

Research@hpa.org.nz

or visit

hpa.org.nz/our-work/research/publications